



What's on for Seniors 55+ July – September 2024



Chair Volleyball Have-A-Go

Friday 26 July

Addie Mills Centre, Gosnells

1pm – 2.30pm

Bookings from 8am on Monday 8 July

Volleyball WA welcomes all seniors for a free trial of this fun, safe and inclusive Senior Volley program. With teams of six, this adapted version of volleyball is played seated on a chair using modified equipment, meaning absolutely anyone can play. Following the session, enjoy a hot beverage and wind down from the exercise and laughter that Senior Volley brings.

FREE

Afternoon Tea at Addie's

Tuesday 20 August

Addie Mills Centre, Gosnells

1.30pm – 2.30pm

Bookings from 8am on Wednesday 7 August

FREE

Join us at the Addie Mills Centre for a light buffet-style afternoon tea and catch up with old friends and new. Bookings are essential for catering purposes.

Did you know?
You can receive this brochure via email. Ask the Seniors team for more info.

See registration and booking information on back page.

FEES AND CHARGES UPDATE

You may have noticed a slight change in charges for all programs, activities and events. This reflects general increases in the cost of delivering these activities for local Seniors 55+.

Ellis Brook Valley – Guided Hikes

Trail rating easy/moderate:

Thursday 1 August and Thursday 8 August

Trail rating difficult:

Thursday 15 August and Thursday 22 August

Departing from Addie Mills Centre, Gosnells

9.30am – 11.30am

Bookings from 8am on Wednesday 10 July

FREE

Led by a trained guide from The Hike Collective, explore the popular Ellis Brook Valley Reserve trails. Offering different levels of difficulty over four different dates, this series gives you the opportunity to build your hiking and safety knowledge and improve your overall hiking confidence. Choose to register for all sessions or select your preferred difficulty level. The ability to navigate uneven terrain without the use of mobility aids is essential for all dates.

Advance Care Planning Workshop

Saturday 10 August

Addie Mills Centre, Gosnells

10am – 12pm

Bookings from 8am on

Wednesday 24 July

FREE

We all want to have a say in what happens in our lives, especially in our later years. By making plans that cover your future care, lifestyle, health and finances, you can be prepared, while also making your wishes clearer for yourself and those around you. This process is called Advance Care Planning. This workshop will assist you in exploring what matters to you and what your priorities are for the latter stages of your life.



Free One-on-One Financial Education

Thursday 11 July
By appointment only
Addie Mills Centre, Gosnells

FREE

Call 9440 1663 to be linked with a financial educator from Northern Suburbs Community Legal Centre, for a sit-down appointment at the Addie Mills Centre, to give you tools, tips and general advice to make the most of your finances. This 90-minute session will cover areas such as creating a budget, setting financial goals, removing unnecessary expenses, financial abuse and scams and online resources.

Lifespan Dance Four-Week Series

Wednesdays from 21 August to 11 September
Addie Mills Centre, Gosnells
2pm – 3pm
Bookings from 8am on Monday 5 August

FREE

Lifespan Dance creates a joyful and inspiring seated dance class that welcomes seniors to experience the joy of dance from a chair. In the sessions, you will begin seated with the option to progress towards standing (supported by the back of the chair). There are numerous physical, social and neurological benefits to these dance classes. Light refreshments will also be offered prior to the session.

Kings Park Wildflower Wander

Tuesday 3 September
Homestead Park Centre, Thornlie
9.45am – 2pm
Bookings from 8am on Monday 19 August

\$10.50

Kings Park is one of the largest inner-city parks in Australia, making it a perfect location for a wander. Come along and explore the park at your own pace while enjoying the spring wildflower season. Participants are encouraged to bring a picnic lunch to enjoy while admiring the panoramic views of the City skyline and Swan River below. Please bring your own picnic lunch, a folding chair, water bottle and wear appropriate clothing and footwear.

Flower Power Singalong and Jam

Tuesday 17 September
Addie Mills Centre, Gosnells
1.30pm – 3.30pm
Bookings from 8am on Monday 2 September

FREE

If you have a song in your heart but the shower is your only audience, we invite you to come along and join a merry singalong for all. Enjoy the musical talents of Singing for Fun, Ukuroos and GosSamba. Revisit some favourite tunes and discover some new ones. Feel free to wear your best and brightest clothes and enjoy the 60s and 70s groove. A light afternoon tea will be provided.

Seniors Self-Defence Workshop

Wednesday 25 September
Mills Park Centre, Beckenham
9.30am – 10.30am
Bookings from 8am on Monday 9 September

FREE

Designed specifically for older adults, this empowering workshop will provide invaluable skills and build your confidence in navigating the world safely. Learn simple strengthening, coordination and balance development exercises as well as techniques to avoid, guard and repel grabs or strikes. Participants will gain skills tailored to their abilities and leave with a better understanding of self-protection and situational awareness.



Program in the Spotlight

Are you 'In the Loop'? 10am – 12pm, first Friday of each month

This social and welcoming group make the most of spare materials to create clothing and gifts to donate. If you are a keen knitter or looking to learn and would like to be involved, or have spare knitting wool or supplies to donate, please call the Addie Mills Centre for more information.





OWL seminars take place at the Addie Mills Centre, from 10am – 11.30am on the listed date.

This free series delivers a variety of relevant and engaging information in a welcoming social setting. OWL seminars take place on the second and fourth Friday of the month and provide great opportunities to learn something new.

Bookings are now open. If you are unable to attend an event you have registered for, please call 9391 6030 so your place may be offered to someone on the waitlist.

Stroke Foundation

Friday 26 July

FREE

In Australia, a stroke occurs every 19 minutes. In 2020, more than 27,000 Australians of all ages experienced stroke for the first time. But the good news is that it doesn't need to be this way. Up to 80 per cent of strokes are preventable. Join this seminar to learn more about what stroke is, how to recognise the signs, what to do if someone is having a stroke and how to prevent stroke in yourself and the people you love.

Helping Minds – Boost Your Wellbeing

Friday 9 August

FREE

This workshop involves education on staying mentally healthy through practices and looking after your own wellbeing. Topics discussed include coping strategies, resilience building tips, mindfulness, strategies to help support loved ones and behavioural changes to look out for. An open discussion at the end will look at some professional organisations that are available to offer help and support.

Advocare – Aged Care Rights and Access

Friday 23 August

FREE

Do you feel heard, valued and supported? Join us for an informative session dedicated to exploring aged care services. Advocare will delve into your rights, shed light on residential home care services and address the crucial topic of elder abuse. You will learn about Advocare's array of programs, gain insight into the Charter of Aged Care Rights, and access valuable information on combating elder abuse through Advocare's dedicated helpline.

Injury Matters – Move Your Body

Friday 13 September

FREE

Staying active plays an important role in your life as you age, and we are pleased to announce that Injury Matters is back promoting healthy ageing.

This essential presentation will help you stay informed and motivated to keep your body moving and will include understanding the importance of balance and leg strength. Some of the topics covered are exercises you can do to challenge your balance and improve your leg strength and the professionals that can assist you in doing so.

Sheila Twine – London Sewers and Other Smelly Places

Friday 27 September

FREE

Sheila Twine is back delivering this light-hearted and humorous but informative presentation on 19th Century London epidemics. This city of exploding population and overcrowded living conditions contributed to the 'Great Stink'. The Thames and small tributaries were polluted, and disease and death were rampant. This presentation will have you hearing stories of filth and odours, as well as the innovation and solutions found in a universal sewerage system.



Weekly Programs for Seniors

Open to residents 55 years and over.
To book your spot or for more information, please call 9391 6030 or visit gosnells.wa.gov.au.

ADDIE MILLS CENTRE 2 ASTLEY STREET, GOSNELLS

BRAIN TRAINING – \$2.10
Monday, Wednesday and Friday
10am – 12pm

CHAIR YOGA – \$7.90
Monday and Wednesday
11am – 12pm
Thursday 10am – 11am

DRUMS ALIVE – \$7.90
Monday 1.30pm – 2.30pm

EXERGAMING – \$2.10
Monday 1.30pm – 3pm

MAHJONG – \$2.10
Tuesday 10am – 11.30am

RELAX AND MEDITATE – \$2.10
Tuesday 10am – 11am

SINGING FOR FUN – \$2.10
Tuesday 2pm – 3.30pm
(school terms)

SENIORS READY TECH GO – FREE
First and third Wednesdays of the month
10am – 11am
Bookings essential

RUMMY-0 – \$2.10
Wednesday 1pm – 3pm

SOCIAL PONY CANASTA – \$2.10
Thursday 10am – 12pm

SCRABBLE CLUB – \$2.10
Thursday 12.30pm – 2.30pm

IN THE LOOP – FREE
First Friday of the month
10am – 12pm

HOMESTEAD PARK CENTRE 14 GLENBROOK ROAD, THORNIE

ULTIMATE FRISBEE – FREE
Tuesday 9am – 10am

PICKLEBALL – FREE
Tuesday 10am – 11.30am
Thursday 11.30am – 1.30pm

GOSSAMBA – FREE
Wednesday 2pm – 3.30pm

LIFEBALL – FREE
Thursday 9am – 11am

MILLS PARK CENTRE BRIXTON STREET BECKENHAM

TABLE TENNIS – FREE
Monday and Thursday
1pm – 3pm

TAI CHI – \$7.90
Monday and Thursday 9am – 10am
(school terms)

MADDINGTON COMMUNITY CENTRE 19 ALCOCK STREET MADDINGTON

UKULELE GROUP – FREE
Thursday 11am – 1.30pm

VARIOUS STARTING LOCATIONS

POLE WALKING – FREE
Tuesday 9am – 10.15am

If transport is an issue, please ask about our free Addie Mills Centre bus service

City of Gosnells
PO Box 662
Gosnells WA 6990
9397 3000

council@gosnells.wa.gov.au
gosnells.wa.gov.au

Addie Mills Centre
2 Astley Street
Gosnells WA 6110

Opening hours:

Monday – Friday
8am – 4.30pm

Closed Public Holidays

9391 6030

amc@gosnells.wa.gov.au

Printed on unbleached 100% recycled and recyclable paper.

This document is available in alternative formats.

Seniors 55+ activities are open to people aged 55 and over who live in the City of Gosnells.

Please note the following when registering for seniors activities:

- Unless otherwise stated, you may book for yourself and one other person.
- Attendees of the previous Walk or Big Day Out will go on the waitlist.
- Bookings are taken from 8am on the day of registration by calling 9391 6030. Please check dates carefully.
- If you have registered for an event and are unable to attend, please call the Seniors 55+ team at Addie Mills Centre so your place may be offered to someone on the waitlist.
- Payments are due one week before the event date.